

IT'S ALL CONNECTED

ISSUE 320 APRIL 2018

100% CANADIAN

SINCE 1982

common ground

FREE MAGAZINE



facebook

fracking

fascist

frump

fossil fuel's fraud

freaking pipelines

like... seriously?

KINDER MORGAN TEXAS STANDOFF • LNG CLIMATE MADNESS & ECONOMIC RUIN

Media's false equivalence • Healthcare inequality • Renewables' regenerative economy

FPTP cheats voters • Plastic poisons planet • Pain attention • Website over-blocking

Dreamhealer Integrative Healing Workshop with

Dr. Adam McLeod

Toronto, Ontario June 3, 2018

Vancouver, British Columbia June 10, 2018



Limited seats available and
the events will sell out!

There will be no workshops
in 2019.

Early bird pricing ends soon!
Register online:

www.dreamhealer.com

Experience Self-Empowerment
as Adam conducts two unique
group healing sessions.

Learn how to integrate powerful
healing tools into your life.

www.dreamhealer.com

Sales Professional Wanted

Yes, we are passionate about natural health, environment, peace, personal growth, independent media, art, politics, music and culture!

Motivated, skillful and honest? We are looking for the right person to earn good money by selling advertising in a magazine dedicated to awareness and real change.

Email your resume and cover letter to joseph@commonground.ca

**common
ground**



One of Kitsilano's most loved spots for a hearty and nutritious breakfast, brunch or lunch

Open daily 9am to 3pm
(Pie Shop 9am to 9pm)

3605 West 4th Avenue
Vancouver, BC

604-733-8308

www.organiccafe.ca

BECOME A MINDFULNESS SPECIALIST

Integrate mindfulness into your professional practice with a graduate certificate in Mindfulness-Based Teaching and Learning (MBTL) from the University of the Fraser Valley.

- Only for-credit program in North America linking mindfulness research and practices.
- Online courses with some face-to-face classes.
- Remote access available for distance learners.
- Pathways to certification as a MBSR or MBCT facilitator.
- Pathways for completion as a graduate degree in a range of specializations.

Apply now for September 2018
ufv.ca/mbtl

UNIVERSITY
OF THE FRASER VALLEY



JOY of the MOUNTAINS

Voted #1 Immune Product

For fighting colds, flus and numerous other infections, choose an Oil of Oregano your family can depend on. Joy of the Mountains is voted #1 by Canadian families year after year, because it works. An independent UBC antiviral study confirmed the superior performance of Joy of the Mountains: 2-4x more effective than other leading brands.* The difference? Oregano is all we do! We're committed to creating the very best, whatever the cost, no cutting corners. With today's virulent bugs, we all need a high-performing Oil of Oregano. Trust Joy of the Mountains when your health is on the line.



Organic



Vegan



Non - GMO



Soy Free



Gluten Free



Chemical Free

joyofthemountains.com

Available in natural health food stores, select grocery stores and pharmacies.

*Reference: Anti-Influenza virus activities of commercial oregano oils and their carriers. Journal of Applied Pharmaceutical Science 2012; 02(07) 214-18.

common ground

Publisher & Senior Editor - Joseph Roberts
Managing Editor - Sonya Weir
Accounting - Maggie Si
Layout & Production - perubluesky.ca

Contributors:

Marie Aspiazu, Canadian Biotechnology Action Network,
 Alan Cassels, Fair Vote Canada, Zack Embree, Eoin Finn,
 Diana Jewell, Jeff Jewell, Bruce Mason, Peter McCartney,
 Mac McLaughlin, Vesanto Melina, Gwen Randall-Young,
 David Suzuki

Editorial & Distribution Inquiries

Tel. 604-733-2215 Toll Free 1-800-365-8897
 Fax 604-733-4415
 Sonya Weir editor@commonground.ca

Advertising & Resource Directory

Joseph Roberts | Tel. 604-733-2215
 joseph@commonground.ca
 Sonya Weir | Tel. 778-227-2939
 editor@commonground.ca

Events listings: editor@commonground.ca

Classifieds: editor@commonground.ca

Publications Mail Agreement No. 40011171
 Return undeliverable Canadian addresses to
 Circulation Dept., Head office
 ISSN No. 0824-0698

Head Office

Common Ground Publishing Corp.
 3152 West 8th Ave.
 Vancouver, BC V6K 2C3

Reach Common Ground's great audience

Over 250,000 readers per issue.
 Survey shows 3 - 4 readers/copy, plus online at
 www.commonground.ca and our Facebook link.

100% owned and operated by Canadians.
 Published 12 times a year in Canada.

Annual subscription is \$75 (US\$75) for one year (12 issues). Single issues are \$6 (specify issue #). Payable by cheque, Visa, MasterCard, Interac or money order.

Printed on recycled paper with vegetable inks. All contents copyrighted. Written permission from the publisher is required to reproduce, quote, reprint, or copy any material from *Common Ground*. Opinions and views expressed in the articles do not necessarily reflect those of the publishers or advertisers. Common Ground Publishing Corp. neither endorses nor assumes any liability for any and all products or services advertised or within editorial content. Furthermore, health-related content is not intended as medical advice and in no way excludes the necessity of an opinion from a health professional. Advertisers are solely responsible for their claims.

features

- 5 **Vancouver: the day the media died**
Bruce Mason
- 6 **Healthcare poverty in the developing world**
Alan Cassels
- 8 **Cambridge Analytica influences election outcomes**
Fair Vote Canada
- 10 **Message in the bottle: plastic is poison**
Bruce Mason
- 11 **Government royalties from GM salmon**
Canadian Biotechnology Action Network
- 12 **33 ways you're being tracked online**
Dylan Curran
- 15 **\$6B LNG Giveaway: Bad deal for BC**
Eoin Finn
- 16 **Zero carbon or bust**
Peter McCartney
- 16 **Pipeline under pressure**
Zack Embree & others
- 20 **Money, power, control and democracy**
Jeff and Diana Jewellie

What you don't know can still manipulate you!

Think globally and watch out locally. A Texas pipeline company is promoted by our PM while locals are being arrested and charged protecting their neighbourhood. BC's new premier pops over to China who offers to buy up Aecon Canada holding contracts for building the Site C dam spillway and generation station. Wesgroup offers toxin emitting gas station recovery locations as Community Gardens.

Do corporations get lower taxes if classified as recreational use rather than commercial? From gas stations to real estate's burning prices, foreign investor influence politicians who make lousy environmental and economic decisions. There are powerful forces at work working us over.

What was called the Surveillance State is now called Social Media. A much cuter name. People generally resent being manipulated. Google new slogan is "do the right thing". Remember Google's original slogan was "Do no evil". It got changed.

How did "stolen" Facebook and Google data on millions

in every issue

CULTURE

- 13 Website blocking a path to censorship
INDEPENDENT MEDIA
Marie Aspiazu

ENVIRONMENT

- 11 Renewable communities
SCIENCE MATTERS
David Suzuki

HEALTH

- 9 Dairy-free and well nourished
NUTRISPEAK
Vesanto Melina

PSYCHOLOGY

- 21 Truth and lies
UNIVERSE WITHIN
Gwen Randall-Young

STAR WISE

RESOURCE DIRECTORY

EVENTS

CLASSIFIED



Cover image by
 Anthony Freda

of users effect elections?

Who is growing veggie in the gas station boxes?

Why are our elected government working for their corporate patrons and against the wishes of we the people? Why are political lobbyist and operatives being paid to promote the old colonial First Past the Post (FPTP) voting system and attempt to scare people away from a more vote proportional electoral process.

Good questions. Now let's get some truthful answers.



Vancouver: the day the media died

Will legacy media survive obvious false equivalency?



by Bruce Mason

Blip. Blip. Mainly comatose for ages, that's the sound of mainstream media in the Lower Mainland. A weak, worrisome flat-line from a sad, deteriorating shadow of its former self.

But the epic failure to properly cover the first First Nation's Kinder Morgan pipeline protest and Kwekwecnewtxw (watch house) construction was a widely exposed nail in the corporate media coffin. The latest injury, self inflicted, was complicated by a combination of severe circulation loss, ownership quackery and deceitful malpractice.

We've learned, by now, local media doesn't work, especially on weekends and holidays when, supposedly, nothing happens, except sports or rock concerts. So on March 10, it was skeleton crews in newsrooms, in the city and on Burnaby Mountain that screwed up the biggest story in a generation. Even CBC-Radio lost its voice and loyal listeners, having to apologize in a re-vamped story and clarification. Good old Mother Corp. got earfuls from an angry, ongoing chorus.

Compare pictures. On one side: 10,000 protectors, swamping the Lake City Way Skytrain station and rallying at the Trudeau-Notley-Kinder Morgan clear-cut sacrifice zone. On the other side: 100+ out-of-towners, bussed from Alberta, casually shuffling around with other tourists, snapping selfies beneath the now-extin-

guished Winter Olympic flame.

One hundred to one, given equal time and coverage. The obscenely rich one percent own most of the world's power and media. But there were more anti-pipeline protestors in Edmonton than imported pro-pipelineers in Vancouver. And many more volunteers at the gates of the Kinder Morgan tank farm than pipe-dreaming visitors downtown.

Facebook comments included, "What's wrong with this picture?... False equivalence, like American-style Sean Spicer BS... CBC is no longer a voice of the people. So sad... Like giving flat-Earthers equal media time during the launch of a spaceship... a boycott of *Global* is in order... the pro-pipeline event was organized by Albertans. Figures."

Meanwhile, coverage in Seattle and San Francisco was far superior, being fairer and more accurate. Then again, it took the *New York Times* to expose BC as the "Wild West of Canadian Politics." So we leave it to them and the independents and social media to report on the ongoing international story of "Standing Rock, North."

Blah... blah. Radio? CKNW has transmogrified from "Top Dog" into a Fox News sub-station. The lights are out and no one's home, let alone being worthy of finding ice for Jack Webster's scotch or stirring Rafe Mair's coffee.

Anchors aweigh? There isn't a TV personality in this town who wouldn't be light weight on a set next to Tony Parsons. Fade to black. In the words of another former press legend, Allan Fotheringham, "It's all fuzzifying of the muddification." Chit-chat.

Current would-be reporters shrink in comparison to those who built the Vancouver *Sun* and *Province*, invented talk radio and earned our attention and ratings – the once-proud tradition of fearlessly engaged and competent journalism. From tall shoulders, our contemporary cub-pack of wannabees have tumbled, feeble and spineless.

Know that it wasn't always this way, or this bad. Bob Hunter co-founded Greenpeace through his *Sun* column, with publicly raised funds, including a benefit concert featuring two virtual unknowns: Joni Mitchell and James Taylor. It stopped a US nuclear bomb test way up in Alaska!

Essential history: we on the west-coast shouted "No way!" much like today's "You'll never build your deadly pipeline or tanker traffic here!" Not in a hard-won Nuclear-Free Zone where 200,000+ people marched in Vancouver's Walk for Peace and will link arms once again. Likely in larger numbers to shut down yet another greed-driven American assault on life. That's our real legacy.

I was once a writer for the *Vancouver Show*, comprised of two hours of live television, five nights a

week. How I long to see Grand Chief Stewart Phillip emerge from a green room for more than a few edited seconds. Even if we can't have inspiration and advocacy, we deserve balanced information that informs and reflects our reality. Hello, that's the job of journalism. Or it used to be.

Instead, we get shameful "false equivalence," worthy of Donald J. Trump's inauguration crowd-size claims, with alt-right-like speculation: protestors, supposedly paid by US agitators, or manipulated by Russian hackers.



We've learned, by now, local media doesn't work, especially on weekends and holidays when, supposedly, nothing happens, except sports or rock concerts. So on March 10, it was skeleton crews in newsrooms, in the city and on Burnaby Mountain that screwed up the biggest story in a generation. Even CBC-Radio lost its voice and loyal listeners...

Legacy media have all but ignored the corruption and criminal greed that flipped Vancouver into the unaffordability stratosphere. They knowingly and wilfully hid and shilled on BC Hydro, ICBC, Site C boondoggles and so much more. Now, they been caught out, clearly no longer required, or believed.

The last word goes to Hunter S. Thompson: "As far as I'm concerned, it's a damned shame that a field as potentially dynamic and vital as journalism should be overrun with dullards, bums and hacks, hag-ridden with myopia, apathy and complacency, and generally stuck in a bog of stagnant mediocrity."

Support independent media in the days ahead; inform and engage on social media and in-person. Text the word 'READY' to #52267 for when and how you can help stop Kinder Morgan and share in the story of our lifetime. ■



Healthcare poverty in the developing world

Neglected people, overlooked diseases

Inequity. It's a damnable word, a cruel word. A word that characterizes the most distasteful, egregious thing that we humans tolerate – namely, the very inequitable way human health is distributed across our planet. One part of the world drowns in medicines and potions for the most trivial of 'diseases' and conditions while the other part of the world dies for the lack of the most basic of life-sustaining things: clean water, adequate food, basic medicines. Inequity in the world is at the heart of the great divide between those who will live long and productive lives and those who won't. Inequity is irascible, callous and shameful. It is entirely human-created and its existence diminishes our humanity.

Not only does modern society seem to accept inequity, but our policies also tend to breed it. Even as we delude ourselves with lofty pronouncements and

say we are working hard to reduce inequity, in reality, we mostly just tolerate it.

The reality of life for those on the other side of the inequity divide – the world's poorest countries – is the daily grappling with real epidemics, which leaves nothing extraneous to put towards a health risk that is merely a "potential" emergency. There, several million people die every year from diseases due to poor community hygiene and lack of clean water, in situations where dysentery, cholera and other entirely preventable water-borne diseases wreak an incredible burden of ill health throughout the developing world.

Can we really understand dire poverty in the same way as the inhabitants of poor countries who witness their children dying of diarrhoea for the lack of 25 cents worth of oral rehydration therapy? It is almost as if 'we' and 'they' lived on separate planets.

Far be it for me to proffer solutions for the most dire problems of planetary inequity, but let me suggest at least two interim suggestions for how Canada and Canadians could work to reduce that inequity: the first serious and the other more glib.

For immediate needs, we need to be creating more toilets.

Before you go thinking that's the glib answer, consider this: the lack of access to toilets is one of the world's most dire health emergencies. Many diseases of poverty wouldn't survive or thrive if proper human sanitation denied them the opportunity to do so. Effective sanitation has long been recognized by physicians and other health experts around the world as the world's most pressing health issue. Don't believe me?

More than 11,000 readers of the prestigious British Medical Journal (whose readership consists mostly of physi-

cians) were [once] asked to vote for what they thought were the most important medical advancements in the last 150 years. What won the contest? Antibiotics? Anaesthesia? Vaccines? Nope, nope, nope. Access to clean water and sewage disposal – "the sanitary revolution" – was judged the world's most important medical achievement.

In her book, *The Big Necessity: The Unmentionable World of Human Waste and Why It Matters*, author Rose George notes that access to a toilet is not a laughing matter. It is a matter of life and death. Nearly half the world's population, or about 2.6 billion people, lack access to a toilet and Rose George notes that nearly 80 percent of the world's illnesses are caused by fecal matter. Diarrhoea, the key consequence of poor sanitation, is a lethal condition that kills 2.2 million people a year in the developing world – more than AIDS, tuberculosis or malaria.

Helping people attain optimum health.

cleanse • replenish • revitalize

Megahome Water Distiller



Patented Insoles

Radiant Health Sauna



Structured Water Units



Amethyst Bio-Mat



Forever Alkaline Water Stick Purifier

Who shops at Triangle?
People who want to transform their health

Springless Mini Trampoline



Kenrico Lifetime Ion Shower Head



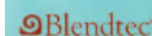
SpinaliS chairs



The Real Champion of Juicers



New Designer Series Blender



250.370.1818 | 1.888.370.1818 | 770 Spruce Avenue, Victoria | www.trianglehealing.com

Triangle Healing offers an amazing range of well-researched products that enhance well-being!

I thought that such an urgent issue would mean that Canada's development agency CIDA, which dispenses nearly \$3 billion a year in foreign aid, would be a major contributor to the world's sanitation revolution. I was dead wrong. Canadian taxpayer-funded aid, directed towards solutions that flush, gets almost nothing. In fact, the Global Sanitation Fund, claimed as one of the best global

**Inequity in the world is at
the heart of the great divide
between those who will live
long and productive lives
and those who won't.**

sanitation initiatives in existence, has never seen Canada contribute a single penny. That stinks. And, perhaps most of all, it shows Canadian unwillingness to contribute to what is probably seen in development circles as a very 'unsexy' cause. C'mon – saving lives with low-tech, high impact solutions is very, very sexy.

You might say that, after sanitation and clean water, what the poorest of the poor need is access to proper food and medicine. The unique forms of medicine, which would actually address the neglected diseases that afflict the poor most, are almost nowhere to be seen on the pharmaceutical research and development agenda. Again, inequity raises its ugly head and the poorest are left to suffer.

Modern medical science has been missing-in-action for quite a while when it comes to creating new treatments for diseases afflicting the very poor. According to the medical humanitarian group Médecins Sans Frontières (MSF), of all new medicines developed between 1975 and 1999, only one percent was developed for tropical neglected diseases and tuberculosis.

So how do we ramp up the investment in the neglected diseases that most affect the poor?

The major impediment to directing resources towards diseases of the poor is the fact that the drug industry is largely uninterested. There's no money in treating poor people. Some groups, such as the Institute for OneWorldHealth

(www.oneworldhealth.org/) and MSF's "Drugs for Neglected Diseases Initiative" (www.dndi.org) have recognized this reality and are on the front lines of using both public and private money to develop novel therapies for some of the most common tropical diseases.

While pharma companies understandably want a return on investments in research, the lack of any promising commercial returns for diseases of poverty seriously slows the flow of capital needed to develop and deliver those treatments. When you look at the historical development of tropical disease treatments, many were developed by the simple fact that we (we who inhabit the rich 'developed' world) felt threatened. The drugs currently available to prevent and treat malaria emerged out of the American and French experiences in Vietnam, where our scientists were given the resources they needed to create treatments which would keep their soldiers out of harm's way.

The lesson here seems simple: being in foreign places may not be so good for our soldiers' health, but it could

be good for the development of treatments for infectious diseases that exist primarily in poor countries. When our armed forces are sent abroad, our governments suddenly become seriously interested in investing in researching new treatments.

I am proposing it is high time we started 'catching' the same diseases of the poor. Malaria in Southern Alabama? Now here comes some serious antimalarial research. Hmm, maybe that would be a positive side effect to climate change? Tuberculosis outbreak in Toronto? Watch out for the new development of novel antibiotics. Chagas disease in cottage country? Instant research money for that disease.

In terms of one of the world's biggest killers, malaria, the World Malaria Report (2008) reported there were as many as 247 million cases of malaria across the globe. In light of this epidemic, the drug company GlaxoSmithKline is opening up access to an extensive dataset on 13,500 compounds, which could be potential malaria fighters. These data are on chemical entities that

have been tested against the Plasmodium parasite that causes malaria and researchers will use it to help isolate those compounds most likely to work.

These are all very important developments and even as we may one day see research and development for neglected diseases becoming the highest of priorities – and the gross inequity in the health of the world's population starts to shrink – we shouldn't just sit here and wait for things to happen.

Let's get cracking on exporting toilets and importing diseases. While improving access to clean water and sanitation can improve the fundamental building blocks of any healthy nation, let's see a little more tuberculosis and malaria in North America and stimulate our research enterprises where, at the end of the day, the inequity of health-care will shrink even further.

Just a thought. ◀

Alan Cassels is the author of numerous books, including **The ABCs of Disease Mongering**, **The Cochrane Collaboration**, **Selling Sickness** and **Seeking Sickness**.



OPEN HOUSE

SATURDAY MAY 12, 2018

Relax, Enjoy Refreshments & Attend Complimentary Lectures **9:00am - 5:00pm**

The Institute of Holistic Nutrition
THE INDUSTRY LEADER IN TRAINING
NUTRITION PROFESSIONALS

VANCOUVER CAMPUS 604.558.4000
604 West Broadway, Suite 300
(one block west of the Cambie & Broadway skytrain station)

9:30-11:00 am	IHN's Diploma Program Overview in Applied Holistic Nutrition: Courses, Certification, Faculty, Admission Requirements, & Campus Culture With Campus Manager & Program Advisor Joshua Fujimagari HBBA
11:30-1:00 pm	Psychology of Disease: How to Change Belief Patterns and Emotions to Achieve Optimal Health With Angelika Bendrich RPC, CNP, DTM
1:30-3:00 pm	Nutrition & The Environment: Holistic Strategies for Toxic Overload With Erin Levine BA, RYT, CNP
3:30-5:00 pm	Preventative Health Care: What You Need to Know about our Cellular Matrix to Achieve Optimal Health With Antonina Bureacenco CNP, OHP



Info on Courses / Curriculum & Career Opportunities | Natural Health Exhibit & Holistic Food Samples | Book Sale | Win Door Prizes

www.instituteofholisticnutrition.com

First-past-the-post system vulnerable

Cambridge Analytica targets voters to influence election outcomes

Revelations late last month about Cambridge Analytica's use of psychographic targeting to influence elections should be of special concern to Canadians because of our first-past-the-post electoral system and the way it amplifies minor swings in electoral preferences. This makes us especially vulnerable to the sort of targeted manipulation of the electoral process that brought Donald Trump to power in the US.

In Canada, a few thousand votes in a handful of swing ridings can make the difference between one party or another forming government. Seats in swing ridings can swing on a dime and governments can rise or fall from grace based on the smallest of changes. Some stark examples:

- In 2011, Stephen Harper's majority government was won by a total of just 6,201 votes in 14 highly contested swing ridings.
- In 2014, the Ontario Liberal Party went from minority status to a strong majority position after increasing its share of the vote from 37.7% to 38.7%.
- In 2017, the BC NDP went from opposition status with 39.7% of the vote to forming government with 40.3% of the vote. Had they lost the Courtenay-Comox riding, which they won by only 189 votes, the Liberals would have formed a majority government instead!

This is standard fare under first-past-the-post in one way or another. And not just in Canada. The UK faces the same problem, as does the US.

It stands in contrast with proportional systems, where an increase from 1% increase in a party's share of the vote leads to a 1% change in its share of seats and it takes hundreds of thousands or millions of votes to significantly influence the result.

Canadians have every reason to be worried because of the ease with which results can be manipulated under our winner-take-all electoral system.

The sensitivity of our first-past-the-post system to small shifts in voter preferences leads to the sort of hyper-partisan behaviour we have come to expect in Canada and increases the incentives to engage in dirty tricks and wedge politics. While we have come to expect this, modern social media technology is taking the dangers of our electoral system to new levels.

The stage is set for a perfect storm when politicians' all-consuming passion to win under first-past-the-post is buttressed by companies like Cambridge Analytica, which is capable of manipulating key segments of the voting population with misinformation and scaremongering tactics targeted at vulnerable segments of the population.

Cambridge Analytica's website boasts of involvement in more than 100 elections around the world. One should add to this their involvement in the continent-shaking Brexit referendum.

Could the same thing happen in Canada? According to Fair Vote Canada's President Réal Lavergne, "Canadians have every reason to be worried because of the ease with which results can be manipulated under our winner-take-all electoral system. It's time for Canadians and politicians to wake up to the fact that our antiquated electoral system is not just excruciatingly unfair to voters. It is downright dangerous!"

Source: Fair Vote Canada, fairvote.ca

Editor's note: From the Cambridge Analytica website – "Cambridge Analytica uses data to change audience behavior. Visit our Commercial or Political divisions to see how we can help you."

Trusted by families
for over 20 years



Effective, Safe, Backed by Science.

TRUEHOPE



So, we've been in the media recently...

**Visit truehopecanada.com
to see the presentation they
don't want you to see!**

Brain and Thyroid Health - Why the Controversy? DAVID STEPHAN



For over 20 years, Truehope has been on a mission to bless the lives of humanity by providing individuals and families with the knowledge and products necessary to substantially elevate their mental and physical wellbeing. Despite the intense opposition that has resulted from setting a new standard in achieving brain health...Truehope continues to press forward, ensuring that Canadians have easy access to health supplements that are transforming lives. Whether it be for overcoming a mental health diagnosis or simply improving the function of the brain and body, Truehope is committed to empowering you to live a more fulfilling, drug free life. Available at a fine supplement retailer near you!

For more information on the upcoming seminars and the Truehope products, follow us at [@truehopecanada](https://twitter.com/truehopecanada), facebook.com/truehopecanada and/or visit truehopecanada.com



Dairy-free and well nourished!

There are many good reasons to eliminate dairy products:

Human health: Most of the world's population has some degree of lactase insufficiency or lactose intolerance after the age of weaning and milk protein is one of the top allergens. **The environment:** Pleasant, pastoral scenes don't show the environmental damage from cattle to riverbanks, air, water and wildlife. Legislation is taking shape, with strong opposition, requiring large California dairies to apply for air permits. **Manure:** "A single dairy cow produces about 120 pounds of wet manure per day, which is equivalent to the waste produced by 20–40 people." – Environmental Protection Agency. Manure overflows and passes into groundwater and pathogens make people sick. **Concern for cows:** Cows are managed in order to get peak milk production and then slaughtered when they can't perform as "Supercows." This generally occurs at less than one quarter of their natural life span. At that point, they typically become burgers. And rest assured; the phrase "humane slaughter" makes no sense at all. **Workers:** Those who slaughter, butcher and process cows have intensified exposure to infectious animal materials, including *Staph aureus*.

In Paleolithic times, calcium intakes were far greater than that of today. Yet the sources were not dairy products.

Yet cow's milk has been a significant source of calcium and vitamin D, an additive in fluid milk. So how else can we get these nutrients? **Calcium:** In Paleolithic times, calcium intakes were far greater than that of today. Yet the sources were not dairy products and meat is not a calcium source. It was mostly attributed to their very high intake of plant foods. **Green vegetables:** Calcium is extremely well absorbed from certain leafy greens (kale, napa cabbage, bok choy, Chinese greens, broccoli, okra, turnip and mustard greens). Spinach, beet greens and Swiss chard are *not* in this category, as their calcium is bound by oxalate and mainly unavailable. **Fruits:** Oranges, figs and calcium-enriched orange juice are the superstars in this food group. **Seeds and nuts:** Almonds, sesame seeds and butters from these, such as sesame tahini, provide this mineral. **Black beans, white beans and calcium-set tofu:** These are rich in calcium. When buying tofu, look for calcium on the ingredient list. **Non-dairy beverages** are fortified with calcium. To get the intended amount, you must shake the package! **Some breakfast cereals and tortillas.**

Here's an example of how to get a day's supply of over 1,000 mg calcium:


Breakfast: Oat cereal, 1 c: 27mg / Blueberries, 1 c: 9mg / Fortified non-dairy milk, 1 c: 300mg / Walnuts, 3 tbsp: 21mg.

Lunch: Pita, 1 with hummus, ½ c: 70mg / Kale salad, 2 c: 274mg / Fresh orange, 1: 71mg.

Dinner: Tofu, 4 oz in a stir-fry with Chinese greens, peppers, snow peas, broccoli, 3 c: 250mg or much more. / Brown rice, 1 c: 20mg / Non-dairy yogurt, 1/2 c: 98mg.

Total calcium: 1,140mg

Vitamin D: We need vitamin D for calcium absorption and retention. North of the 49th parallel, however, we get negligible sunlight to stimulate our body's own vitamin D production. Solution? Take 1000 IU (25 mcg) of vitamin D. For seniors, double this.

Food solutions: How do we get delicious foods and beverages without a drop of dairy? Vegan Supply (www.vegansupply.ca) and Daiya (www.daiyafoods.com) offer some outstanding alternatives. 

EVENT March 10 Meatless Meetup: 7:15pm. To attend, register at www.meetup.com/MeatlessMeetup/events/247568687/

Vesanto Melina is a Vancouver dietitian and author. becomingvegan.ca, nutrispeak.com

TRAIN for a CAREER as a CERTIFIED NUTRITIONAL PRACTITIONER!



Earn a Diploma in Applied Holistic Nutrition

**Achieve the accreditation of
Certified Nutritional Practitioner (CNP)**

**Qualify for the
professional designation of
Registered Orthomolecular
Health Practitioner (ROHP)**

Full & Part-time Programs

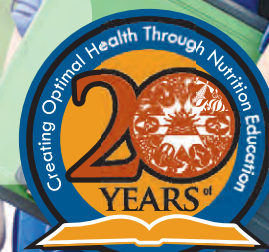
Professional Co-op Placement

Continuing Education

Student Clinic

Heather Allen, CNP, 2014 Graduate

"The invaluable knowledge I gained at IHN gave me a true understanding of what it takes to create the beautiful portrait that is vibrant health."



Next Semester Begins September 2018



The Institute of Holistic Nutrition
THE INDUSTRY LEADER IN TRAINING
NUTRITION PROFESSIONALS

**604.558.4000
Vancouver Campus**

**604 West Broadway Suite 300
Vancouver, BC V5Z 1G1
(One block West of Cambie & Broadway)**

www.instituteofholisticnutrition.com

The real message in the bottle

Break the silence – plastic is poison

by Bruce Mason

Nothing is forever, except maybe plastic. And despite the well-funded, deliberate, universal misconception, it's anything but disposable. Virtually every one of the innumerable pieces we've ever made is still with us, somewhere. The amount we are currently producing each year equals the total weight of humanity.

It's truly and totally ubiquitous, everywhere and in everything, including the broken-down microscopic filaments in our drinking water, sea salt and beer. It finds its way into the bellies of anything alive in the ocean, the guts of 90 percent of birds, and finally, ourselves.

In line with the credo of every con-artist – “There’s a sucker” – or, make that customer – “born every minute” – plastic is one of the biggest, deadliest scams in history, especially single-use plastic. Manufactured in mere seconds, it struts its brief life in myriad ways: in an indispensable smart phone, computer, appliance or automobile. And most often, its *raison d’être* is only momentary – as a package wrapper, for instance. It is the very stuff of advertiser’s dreams and a planetary nightmare, the raw material of our addiction to what we are told we want and need. It is the ultimate human invention, at once so necessary, yet unnecessary, tough, pliable, lightweight and eternal.

Take the plastic water bottle (please). Despite millions of dollars spent annually to convince you otherwise, bottled water is no better or safer than most municipal tap water, which is precisely where two-thirds of it comes from in the first place. Too much of it is also mined for a pittance of what it’s sold for, by companies such as Nestle, whose CEO is on record saying water is not a human right. Siphoned from a source we have held in common, since humans first crawled out of water onto land, bottled water is the poster child of corporate and government corruption and free-market, neo-liberal snake-oil salesmen.

Also of interest: the energy used to produce a plastic water bottle is equivalent to one-quarter of the volume of its contents. Non-profit Pacific Institute researchers also determined that the manufacture of one pound of PET – polyethylene terephthalate – plastic releases up to three pounds of carbon dioxide.

So, once again, it’s down to fossil fools. No surprise

then that Justin Trudeau’s Liberals recently glad-handed \$35 million tax dollars to a chemical company that makes plastic resins, the day before he promised to use Canada’s G7 presidency to encourage other nations to commit to reducing or phasing out single-use plastics.

You read that right. Part of our federal government’s five-year, \$1.26-billion, Strategic Innovation Fund, unveiled in last year’s federal budget, is earmarked for



Despite millions of dollars spent annually to convince you otherwise, bottled water is no better or safer than most municipal tap water, which is precisely where two-thirds of it comes from in the first place.

Nova Chemicals’ \$2.2-billion expansion plan in Sarnia, Ontario, to enable the production of 431,000 additional tonnes of polyethylene, annually.

Keith Stewart, senior energy strategist for Greenpeace Canada, is among those who are having difficulty swallowing Canada’s commitment to reducing ocean plastics when it’s also providing multimillion-dollar grants to the companies that make them.

“So limiting single-use plastics gets tweets and producing more of them gets \$35 million,” says Stewart. “We really should be trying to ban the use of disposable plastics and find better alternatives.”

It’s part of our Justin’s murderous mantra to build more pipelines to somehow combat climate collapse. Could be why John Horgan is so high on LNG, made possible by fracking the bejusus out of BC, while destroying obscene amounts of precious water and releasing deadly methane. Even as we have been

warned, the drilling goes on, deep in every direction into the dangerous San Andreas Fault, in defiance of the ‘Big One.’ It is most certainly why, in shale-gas glutted Trump-land, plastic production is being hiked by a whopping 40 percent.

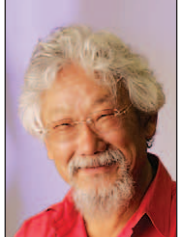
Everybody sing: “Oil... what’s it good for?” For the same thing as shale gas: to make more plastic. The shillers who are leading the chorus bring to mind actor Rip Torn, straddling a nuclear bomb, riding it out of the chute of an airplane, while shouting “Yee, Haw!” in the final scene of the iconic movie, *Dr. Strangelove*. And some may remember the 50’s folksong, Plastic Jesus: “I don’t care if it rains or freezes/As long as I’ve got my Plastic Jesus/Ridin’ on the dashboard of my car.” Hell, even the dashboard is plastic, these days.

In honour of the 500th anniversary of the Reformation, *The Guardian*, one of a handful of still-worthy newspapers, asked Margaret Atwood which institution she would change. She called for a “Plastics Reformation.”

“Are plastics an institution? Not in the sense of having a pope, or even a small cabal of leaders. But they are surely the modern equivalent of a universal religion. We worship them, whether we admit it or not. Their centre is whatever you happen to be doing, their circumference is everywhere; they’re as essential to our modern lives as the air we breathe, and they’re killing us. They must be stopped,” she wrote.

Don’t be a sucker. Don’t be lulled into stupefying complacency, fooling yourself into the cognitive dissonance that you can’t do anything about the madness. Stop treating plastics as disposable. Real friends don’t let their friends drive while drinking or texting, or eat farmed salmon. And perhaps most importantly, they don’t let them drink water from a plastic bottle. In recent weeks the world has awakened to the nightmare: one study quantifies water in plastic bottles as currently more popular than soda pop, another, that more than 90% of bottled water contains deadly microplastics.

Bruce Mason is a Vancouver and Gabriola Island-based banjo player, gardener, writer and author of *Our Clinic*.



Renewable communities energy, jobs & hope

Anishinaabe economist and writer Winona LaDuke identifies two types of economies, grounded in different ways of seeing. Speaking in Vancouver recently, she characterized one as an “extreme extractive economy” fed by exploitation of people and nature. The second is a “regenerative economy” based on an understanding of the land and our relationship to it.

We now go to extremes to access fossil fuels. Hydraulic fracturing shatters bedrock to release previously inaccessible gas, requiring large amounts of water made so toxic through the process that it must be disposed of in deep wells. We extract bitumen from Alberta’s oilsands using techniques that emit more than twice as many greenhouse gases as average North American crudes. The Pembina Institute reports that 1.3 trillion litres of fluid tailings have accumulated in open ponds in Northern Alberta since oilsands operations started in 1967.

We need new options. We must innovate and create jobs in a regenerative economy.

In her talk, LaDuke said, “The reality is that the next economy requires re-localization of food and energy systems, because it’s more efficient, it’s more responsible, it

employs your people and you eat better.”

Re-localization is happening in communities across Canada.

The David Suzuki Foundation’s new, nationwide Charged Up program (davidsuzuki.org/chargedup) is collecting stories to help inspire people to take on renewable energy projects in their communities.

In Oxford County, Ontario, local farmers, community members, the Six Nations of the Grand River and Prowind Canada launched Gunn’s Hill Wind Farm in 2016. It produces enough electricity to power almost 7,000 homes.

Oxford County became the second local government in Canada, after Vancouver, to adopt a commitment to 100 percent renewable energy by 2050. Gunn’s Hill makes up 15 percent of Oxford County’s goal.

Indigenous communities are also innovating and leading on renewables.


Chief Patrick Michell of the Nlaka’pamux Nation in BC says meeting energy needs in concert with nature resonates with his nation’s values. Nlaka’pamux is working toward food and energy self-sufficiency. The Kanaka Bar Indian Band, one of 17 bands in the nation, has solar projects and has partnered with Innergex

Renewable Energy and others on a run-of-river project to generate power and income.

“What you do to the land, you do to yourself,” Michell says, quoting a traditional saying.

He says his people have been food and energy self-sufficient for thousands of years, but recently his community has seen changes in weather patterns, water flows, precipitation, forest fires and ecosystems, often related to climate change.

LaDuke says, “Keep your eye on where you’re going. Operate not out of a place of fear, but a place of hope.” Good advice for us all, as we celebrate the efforts of these communities and look to put the lessons they’ve learned into action across Canada.

Let’s focus on hope. On climate solutions. On renewable energy led by communities like Oxford County, Kanaka Bar and others rising to the challenge to create a regenerative economy for everyone. 

Excerpted from the original article. **David Suzuki** is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation Community Renewable Energy Program Lead Sherry Yano. Learn more at www.davidsuzuki.org

Government reaping royalties from GM salmon

The Canadian government is receiving 10% royalties from sales of the world’s first genetically modified (GM or genetically engineered) animal, a GM Atlantic salmon.

“We’re concerned that the government is responsible for regulating this GM fish and also has a stake in its success,” said Lucy Sharratt of the Canadian Biotechnology Action Network (CBAN).

The GM fish was developed with public funds, but without public consultation, and it’s being sold without labels... If Canadians unknowingly buy GM salmon, the government gets 10% of the profit.

The royalties are part of a 2009 \$2.8 million-dollar grant agreement between the company AquaBounty and the federal government Atlantic Canada Opportunities Agency. The royalties will be paid to the Government of

Canada until the grant amount is paid back. If the GM salmon is not a commercial success, there is no requirement for the company to repay the government funds.

“The GM fish was developed with public funds, but without public consultation, and it’s being sold without labels,” said Sharratt. “If Canadians unknowingly buy GM salmon, the government gets 10% of the profit.”


In 2016, Health Canada approved the GM fish for human consumption. In 2013, the Minister of the Environment and Climate Change approved GM salmon production at Bay Fortune in Prince Edward Island (PEI) where GM salmon eggs are currently manufactured and then shipped to Panama for growing at a small pilot site.

The company AquaBounty must still seek approval from Environment and Climate Change Canada for commercial scale GM salmon production at their Rollo Bay facility in PEI, now under construction.

The Canadian Biotechnology Action Network, The Council of Canadians, Ecology Action Centre and Living Oceans Society are calling on the government to halt any further assessments of the GM salmon until it takes steps to increase transparency in the regulatory process and marketplace, including by establishing mandatory labelling of GM foods.

“We’re concerned about the next steps for environmental assessment because future repayment of the federal funds partly relies on the government approving the company’s next GM fish plant,” said Mark Butler of Ecology Action Centre in Nova Scotia, referring to the planned Rollo Bay site in PEI. “In this case, increased sales mean increased production and increased risk to wild Atlantic salmon.”

In Canada, there are no public consultations before a new genetically modified food, crop or animal is approved and no mandatory labelling of GM foods. “At the very least, consumers should know when they buy salmon just what they’re getting,” said Karen Wristen of Living Oceans Society.

AquaBounty is a majority owned subsidiary of the US biotechnology company Intrexon. 

Source: **Canadian Biotechnology Action Network (CBAN)**, www.cban.ca The Canadian Biotechnology Action Network (CBAN) brings together 16 groups to research, monitor and raise awareness about issues relating to genetic engineering in food and farming. The Ecology Action Centre is an environmental charity based in Nova Scotia. Living Oceans Society has been a leader in the effort to protect Canada’s oceans since forming in 1998.

33 ways you're being tracked online

by @iamdylancurran

Images by Anthony Freda

Want to freak yourself out? Consider how much of your information the likes of Facebook and Google store about you without you even realizing it:

1. Timeline: Google stores your location (if you have it turned on) every time you turn on your phone, from the first day you started using Google on your phone.

2. Locations visited and how long it took you to get from previous one.

3. Google My Activity: Google stores search history across all your devices on a separate database so even if you delete your search history and phone history, Google *still* stores everything until you go in and delete everything and you have to do this on all devices.

4. Google ads: Google creates an advertisement profile based on your information, including your location, gender, age, hobbies, career, interests, relationship status, possible weight (need to lose 10lbs in one day?) and income.

5. Google stores information on every app and extension you use, how often you use them, where you use them and who you use them to interact with (who do you talk to on Facebook, what countries are you speaking with, what time do you go to sleep?) on Google Permissions.

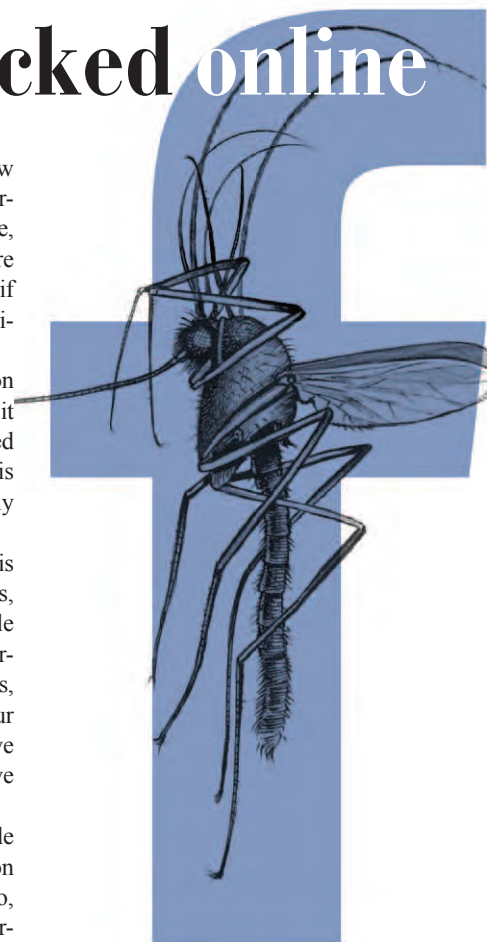
6. YouTube search history: Google stores all of your

YouTube history so they know whether you're going to be a parent soon, if you're a conservative, if you're a progressive, if you're Jewish, Christian, or Muslim, if you're feeling depressed or suicidal, if you're anorexic.

7. Google offers an option to download all of the data it stores about you. I've requested to download it and the file is 5.5GB-big, which is roughly three million Word documents.

8. Google takeout: This link includes your bookmarks, emails, contacts, your Google Drive files, all of the above information, your YouTube videos, the photos you've taken on your phone, the businesses you've bought from, the products you've bought through Google.

9. Your calendar, your Google hangout sessions, your location history, the music you listen to, the Google books you've pur-



chased, the Google groups you're in, the websites you've created, the phones you've owned, the pages you've shared, how many steps you walk in a day...

10. Facebook offers a similar option to download all your information. Mine was roughly 600mb, which is roughly 400,000 Word documents.

11. This includes every message you've ever sent or been sent, every file you've ever sent or been sent, all the contacts in your phone and all the audio messages you've ever sent or been sent.

12. Facebook also stores what it thinks you might be interested in based on the things you've liked and what you and your friends talk about (I apparently like the topic 'Girl').

13. Somewhat pointlessly, they also store all the stickers you've ever *continued pg 19 ...*

JEAN-MICHEL

JARRE

IN CONCERT

CODÉX AERO PRODUCTION WWW.JEANMICHELJARRE.COM • [JEANMICHELJARREVEVO](#) • [JEAN-MICHEL JARRE](#) • [@JEANMICHELJARRE](#) • [@JEANMICHELJARRE](#)

APRIL 17
QUEEN ELIZABETH THEATRE
Tickets at ticketmaster.ca 1-855-985-5500

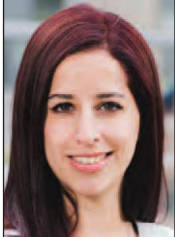
THE SOUL OF MANTRA - LIVE!

DEVA PREMAL & MITEN

with MANOSE

FEATURING: JOBY BAKER & RISHI

MAY 19
CHAN CENTRE
TICKETS AT CHANCENTRE.COM, 604-822-2697 OR THE TICKET OFFICE.



Website-blocking is a path to censorship

Back in September, we were shocked by Bell Canada's overreaching proposal to introduce a mandatory website blocking system with no judicial oversight and radical new copyright rules in the North American Free Trade Agreement (NAFTA), which is currently being renegotiated. Not long after, rumours surfaced that Bell was planning a similar proposal at home via the Canadian Radio-television and Telecommunications Commission (CRTC).

And this January, just when we thought we'd seen it all, Bell went full throttle and spearheaded a coalition of over 25 organizations calling itself "FairPlay Canada," including Cineplex and the CBC. This coalition has formally requested the CRTC to consider creating a website-blocking agency.

Bell's proposal is problematic because creating a censorship committee within the federal government has a huge potential to open the floodgates to widespread Internet censorship. Website blocking schemes often result in over-blocking, as seen in the UK, where gay-teen support sites are being added to its ever growing list of blocked websites. So if this proposal goes through, it won't be long before legitimate content and even services like Virtual Private Networks (VPNs) become the coalition's next

targets. FairPlay Canada's proposal is an attack on Canadians' right to free expression and our robust Net Neutrality rules that Minister Navdeep Bains and Prime Minister Justin Trudeau have both expressed strong support for.

Bell's foundations for its website blocking proposal


It's time for Bell, and its partners, to ensure their content is available where Canadians want to watch it: online.

prove rather weak. Canada is already home to some of the toughest anti-piracy laws in the world and recent reports indicate piracy rates are declining as people are rapidly shifting to legal alternatives. Plus, data shows online streaming services like Netflix, Spotify and Apple Music are thriving, demonstrating that people are willing to pay for affordable access to the content they want to watch.

But Bell seems to be telling different stories depending on its needs. On one hand, Bell is trying to convince the CRTC that piracy is a big problem in need of a radical "solution," emphasizing how it's leading people to cut the cord on their pricy cable packages. Simultaneously, Bell

is emphasizing the success of its TV and online streaming services before business analysts, with no mention of the former.

This proposal from Bell is just one more example of the ways that Canada's vertically integrated telecommunications companies are trampling on our Internet rights in favour of their concentrated media interests. Except, in this case, their plan won't even help put money back into their TV assets. It's time for Bell, and its partners, to ensure their content is available where Canadians want to watch it: online. If they offer it it, Canadians will pay.

OpenMedia has been pushing back against Bell's censorship proposal since it first tried to sneak it into NAFTA and we will not back down. We are currently collecting comments against Bell coalition's proposal, which we will be submitting as part of the CRTC's comment period (ending March 29, 2018). People can also submit their comments directly to the CRTC's website. Follow OpenMedia on Facebook and Twitter for the latest developments on Bell coalition's proposal. 

Marie Aspiazu is a campaigner and social media specialist for OpenMedia, a non-profit organization that works to keep the internet open, affordable and surveillance-free. openmedia.org

SHAMANIC HEALING
WITH SHAMANIC PRACTITIONER
SONYA WEIR
(778) 227-2939
sonyaweir@uniserve.com
IN VANCOUVER www.eaglefireshamaniccoaching.com




Wild Oil of Oregano
Hedd Wyn Essentials
Wild Mediterranean Oil of Oregano




Nature's Potent Panacea for People and Pets.
Powerful healing for skin problems, stomach and respiratory upsets, parasites, ticks, fungal infections, bacterial/viral infections, immune function and much more. Certified Organic. Your best friend deserves it.
Available at fine health food stores. Learn more at www.wildoilforegano.com

Save the Hollywood Theatre
Have your say until April 16

The City of Vancouver is receiving public comment on a development proposal for a site that includes the Hollywood Theatre building. Have your say! Contact:

Alix Sales Senior Cultural Planner
alix.sales@vancouver.ca – 604.871.6038

Carl Stanford Project Facilitator
carl.stanford@vancouver.ca – 604.871.6796

savethehollywoodtheatre.com
savethehollywoodtheatre@gmail.com



Real Raw Food
Distributor of Organically Grown Truly Raw Foods

WHOLESALE TO EVERYONE

Truly raw-nuts, seeds, dried fruit, cacao, herbs, seaweeds, coconut, candida killer that works, fermented rolled oats, colloidal silver & more.

www.realrawfood.com

Call 250-496-5215 • Naramata, BC



Mac McLaughlin

ZODIAC

StarWise

April 2018

MERCURY AND SATURN square off for the whole month of April, ratcheting up all kinds of tension in the markets and governments throughout the land. Mercury rules communication, travel, negotiations, contracts, agreements and all things to do with business and commerce. Saturn usually slows things down, forcing us to grind our way through as we sort out just what to do. With Mercury-ruled Trump at the helm of the “Good Ship Lollipop,” who knows what could go wrong? Trade wars – and hopefully not other wars. Gun law protests, oh yeah, and we know the rest. Here in the northland, we have the provinces bickering about laying pipe, with protests galore, and a million other concerns dogging us throughout the days. Fiery Mars throws his hat into the ring as he mixes it up with Mercury and Saturn in the first half of the month, which will certainly throw fuel onto the fire, later joining up with his heavy, older, much darker brother Pluto for the last half of the month. When Mars and Pluto meet up, they can cast a fairly dark shadow as this combination is well known to represent violence and all other kinds of machinations of a nefarious type.

April begins and ends with full Moon energy, which will help illuminate our concerns. Jupiter brings a stabilizing influence as he harmonizes with Pluto and Mars, hopefully bringing wiser and calmer minds onto the scene. We certainly do need the visionaries to step up now. Venus travels through Taurus for most of the month; she rules that sign, which is good news for us in the sense she will bring stability, order and harmony. In a sense, all things get balanced and worked out and onward we march through time. Although it sounds somewhat ominous, it's really pretty average planetary drama. It has always been and always will be this way, until the dawning of the Golden Age when the moat is removed from our eyes. We will then be able to see we are all one people on one planet, all brothers and sisters and all one family, including all life forms, deserving of respect, kindness and gentleness. We are digging our graves with our teeth. We continue to assassinate and consume other life forms (animals) that have souls and we continue to fail to see the grave and serious karmic repercussions of this behaviour. We cry out for peace, but never give it.

Mac McLaughlin has been a practising, professional astrologer for more than four decades. His popular **Straight Stars** column ran in Vancouver's largest weekly newspaper for 11 years. Email mac@macsstars.com or call 604-731-1109.

BECOME A CERTIFIED LIFE COACH or EXECUTIVE COACH

Our 2 day intensive course will teach you everything you need to know to succeed. All Certified Coaches Federation™ graduates also receive admission (at no additional cost!) to our 1 year CCF Continuing Education Program!

Only Certified Coaches Federation™ graduates earn the esteemed Certified Life Coach Practitioner™ designations!

REGISTER TODAY:

**April 28-29, 2018 – Vancouver, B.C.
Century Plaza Hotel & Spa**

866-455-2155 or 403-389-1190

www.certifiedcoachesfederation.com | abe@certifiedcoachesfederation.com



ARIES Mar 21 - Apr 19

You are a diamond in the rough, multi-faceted, merely needing some polishing and training. April offers up all kinds of opportunities to do just that. Anything that is of true value never comes easy. Meet the challenge by choosing what to do and then get at it. Surprises and changes are in the works.



TAURUS Apr 20 - May 21

April 17 is your magic day in which magical experiences take place. The Sun enters Taurus on April 19, bringing you into your solar high of the year. Venus visits Taurus nearly all month while she harmonizes with Mars and Saturn, bringing opportunities for stability, romance and finance. Put your best hoof forward now.



GEMINI May 22 - Jun 20

Lord Mercury finally gets himself straightened out after his three-week retrograded phase, which ends on April 15. Or does it? Well, not quite. He still has to get up to speed and he's still in lockstep with Saturn, which indicates you will be learning valuable lessons. Patience, honesty and humility will do nicely.



CANCER Jun 21 - Jul 22

You're one of the big wheels in astrology. Cancer, Aries, Libra and Capricorn are the four Cardinal signs of the zodiac, meaning they carry more authority, energy and dynamism. Leadership roles carry big responsibilities. April 20 to 22 provides myriad opportunities to test your ability to handle pressure under fire. You can prove your worth now.



LEO Jul 23 - Aug 22

You may be dreaming of new career ventures and possibly other adventures such as travel and spiritual endeavours. All well and good; it costs nothing to dream. But in the meantime, there may be serious house cleaning to be tackled, which you may loathe, but it's not going to go away on its own.



VIRGO Aug 23 - Sep 22

The stars are leaning in your favour, but it's not completely favourable as there is serious work to be done. In Virgo's world, it means getting to the fine details such as taxes and other accounting scenarios. Speaking of accounting, it might go way deeper such as taking account of your inner values and spiritual progress.



LIBRA Sep 23 - Oct 22

You are in your solar low until April 19, which isn't a bad thing. If anything, it offers up opportunities to get your life in order. You may be hard at work and working through myriad problems and concerns. Say what you mean and mean what you say and say it with kindness and sweetness.



SCORPIO Oct 23 - Nov 21

Starting April 19, the stars offer up a time of reflection and introspection until mid-May. Venus casts her energy your way throughout April bringing a time to weigh up what is real and of most value to you. You might be in the mood to make significant changes to your lifestyle and daily habits.



SAGITTARIUS Nov 22 - Dec 21

Sagittarius types are known for their broad-stroke capacity to weigh up a situation and deal with it effectively. They are the archers of the zodiac and they must take careful aim before they release their arrow. One part broad view, one part deeply attentive. Now you must use both skills in order to be successful.



CAPRICORN Dec 22 - Jan 19

A big planetary focus takes place as Mars and Saturn join up in Capricorn, bringing action, tension and frustration in the first half of the month. With Mercury in square with Mars and Saturn, it is highly likely there will be sticks in the spokes, delays and other concerns that will need delicate handling.




AQUARIUS Jan 20 - Feb 19

Aquarius is the ambassador of goodwill and you are wise and fair in your judgements. That type of impartiality will be needed in the coming weeks as the planetary drama is destined to get ratcheted up a few notches. We'll need cool heads to prevail and that's where you come in. Much is accomplished behind the scenes.



PISCES Feb 20 - Mar 20

Never doubt your value and remember that if you don't promote yourself, the world never will. Now is a time in which you must take stock of what is important to you and move forward towards your goals. You have the gift of the collective wisdom of the other eleven signs of the zodiac. 

John Horgan's \$6 billion LNG Giveaway

A bad deal for BC

by Eoin Finn B.Sc., Ph.D., MBA

The announcement – on World Water Day – that the NDP Government is to enact regulations and legislation to “make BC LNG competitive” caught many by surprise. Though the fine-print details are not yet available, the Premier’s announced provisions for all of BC’s wannabe LNG industry include:

- A 20-year postponement of PST payable on construction materials (PST on these will be a hefty 7% on the 70%-or-so materials portion of the \$40 Billion capital expenditure on liquefaction, treatment, storage, port and pipeline components of the project);
- As an EITE (emissions-intensive and trade-exposed) industry, exemption from future carbon tax increases above the current rate of \$30/tonne all others in BC will be paying. (This is totally the opposite of the Government’s announced policy of “polluter pay”);
- Elimination of the 3.5% LNG income surtax (already reduced from the 7% royalty rate originally announced in 2015);
- Application of the BC Hydro industrial rate (\$54/ megawatt-hour) for grid electricity service to LNG facilities. (This rate is half the current \$110/ MWh residential rate, well below BC Hydro’s \$120/ MWh marginal cost of new electricity from Site C and below its breakeven average rate of around \$90/ MWh. Giving power away for half-price will make residential customers foot the bill via future BC Hydro rate increases – lest BC Hydro slide further into debt).

These are extraordinary measures for any Government – let alone one recently critical of the previous Clark government’s largesse to well-heeled LNG proponents, many of them large contributors to BC Liberal election coffers. And to an industry which has so far dismally failed to deliver on its promised 100,000 jobs, a debt-free BC and a BC treasury overflowing with a \$100 Billion taxation bounty.

All in all- these concessions represent a gift of \$6 Billion of taxpayer money – primarily to LNG Canada’s Kitimat proj-

ect and spread over the expected lifetime of that project. If enacted, it will make all British Columbians, willing or not, silent partners in LNG Canada, a company jointly owned jointly by Shell Canada (50%), Petro China (20%), Korea Gas and Mitsubishi (both 15%).

So what’s the problem?

Simply put, the “deal” is woefully one-sided. We BCers are neither shareholders nor guaranteed creditors of the LNG venture(s) we may so generously give to. We failed to secure any guaranteed dividends or tax payments (as Qatar and Norway both did), there are no minimum employment quotas for British Columbians (Australia got those), there are no guarantees that profits won’t be siphoned off to tax havens via imaginative accounting practices (as happened in Australia, where that Government is suing Chevron to recover over \$300 Million in evaded taxes. Woodfibre LNG’s owner, Sukanto Tanoto, appears prominently in both the leaked Panama and Paradise papers that expose the murky world of off-shore finance – this subsequent to his company being convicted and fined \$250 Million for evading taxes in Indonesia), nor any guarantees that most of the construction work won’t be offshored to Korea or China and temporary foreign workers brought in to staff the project (as LNG Canada and Woodfibre LNG both plan to do. These LNG proponents are currently lobbying Ottawa and filing in Federal court, appealing for exemption from a 45.8% anti-dumping tariff levied on the Chinese and Korean steel they plan to use to construct their LNG plants there and float them into the BC coast).

Neither do we have assurances that selling our gas to Asia won’t cause supply shortages and a tripling of prices here, as has happened in Australia’s sad LNG experience. Add to those the perils of fracking and polluting First Nations land in Northeast BC and the difficulty this plant – emitting 8-9 million tonnes of GHGs every year – will create for BC’s 2050 commitment of an 80% reduction in GHG emissions (to a

total of 12.6 tonnes, which this one plant would commandeer 80% if), and the rottenness of this deal for BCers becomes woefully apparent.

A BC LNG industry would struggle to be profitable (the only operating LNG export plant in the U.S. – Cheniere Energy – lost about \$600M in each of the last 5 years). It would be another boom-and-bust industry (the very last experience many BC towns want to repeat), and would, even at its inception, be an industry already in its

sunset years as the world transitions away from fossil fuels to avoid the worst of runaway climate change.

We should all admonish our Premier to stop this ill-advised giveaway of taxpayer money. Well-heeled proponents begging for tax concessions to “make them competitive” isn’t how capitalism is supposed to work. Rotten deal, John. Stop it! ■

myseatosky.org
efinn@myseatosky.org

HOW TO SURVIVE SPIRITUALLY IN OUR TIMES

FREE Spiritual Exploration Workshop and Discussion
Discover Tools & Techniques to Help You Thrive Spiritually

EXPERIENCE YOUR TRUE IDENTITY

- Discover how **dreams** are a source of inner truth and wisdom
- Explore how to **solve problems** by tapping into the Supreme Creative Force
- Realize you are a unique, eternal **Soul**
- Learn how to open your heart to **divine love and wisdom**

Saturday May 19, 2018

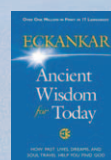
Registration: 12:30 PM

Workshop: 1:00 – 3:00 PM

Mary Winspear Centre

2243 Beacon Avenue, Sidney, BC

This workshop is presented as part of the 2018 BC ECK Regional Seminar, “How to Survive Spiritually in Our Times” May 18–20, 2018. Call 1-800-708-9060 or visit www.eckankar-bc.ca and click on Upcoming Seminars.



RECEIVE
A FREE
BOOK



Presented by ECKANKAR
The Path of Spiritual Freedom



Copyright © 2018 ECKANKAR. All rights reserved. The terms ECKANKAR, ECK, MAHANTA, and SOUL TRAVEL, among others, are trademarks of ECKANKAR, P.O. Box 2000, Chanhassen, MN 55317-2000 USA.

Directly Affected: Pipeline Under Pressure

film director Zack Embree arrested



Alex Harris photo

by Zack Embree

Five years ago, I set out on a mission along with my co-director Devyn Brugge: to understand the impacts of the Kinder Morgan pipeline on local communities and give a voice back to those who had been ignored by the National Energy Board process.

I have interviewed residents affected by the 2007 inlet drive spill, and covered the protests on Burnaby Mountain - and journeyed to First Nations communities such as Fort Mackay, Alberta to witness the impacts of fossil fuel extraction, to New Brunswick where many of the energy workers are from, as well as to France for the Paris Climate talks.

What I found was a growing storm of opposition from all walks of life and confusion over Prime Minister Trudeau's climate plan - how to achieve it while building a major oil pipeline?

Directly Affected: Pipeline Under Pressure - A feature length documentary we produced is screening at The Clutch on April 8th, The Rio Theatre April 22nd, Evergreen Theatre Powell River April 13th, Comox Tuesday April 3rd at North Island College Theatre, The Vic April 28.

For more information go to www.directlyaffected.ca

Zero carbon or bust

The oil and gas sector is our most polluting industry.

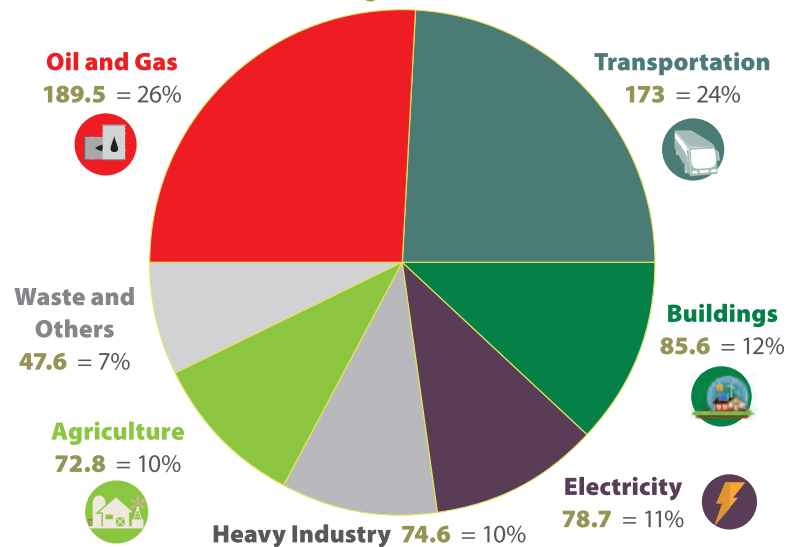
by Peter McCartney

Prime Minister Justin Trudeau and Alberta Premier Rachel Notley have put together a climate plan that phases out coal power and brings in a carbon price. But they've done it with the explicit goal of justifying the expansion of our dirtiest industry: oil and gas.

Canada is the world's fifth largest producer of oil and gas. We export fossil fuels all over the planet, despite knowing the harm they are causing. We hold some of the responsibility for those climate impacts, even if we didn't burn the product ourselves. Here at home, the oil and gas sector is our most polluting industry. Any climate plan that doesn't tackle these emissions will fail. And that doesn't mean allowing the tar sands to expand while producing less carbon per barrel of oil. We need abrupt, absolute reductions in pollution, the kind that can only come from a planned phase-out. This means ending oil and gas exploration, stopping the proposed Teck Frontier tar sands mine and the Kinder Morgan pipeline. Ultimately, we need a plan to wind down the industry and support the workers who are affected.

CARBON POLLUTION BY SECTOR IN CANADA

Megatonnes



Alberta has an example of how to transition workers out of a polluting industry. It provides financial support for coal workers to access further education, fund their retirement or relocate for new opportunities. It also funds economic development initiatives in coal communities. Why not expand this, with support from the federal government, to the oil and gas sector? Our leaders clearly see the need to wind down and transition one dirty fossil fuel industry, but not another. Any gains made by winding down the coal industry are lost as long as we plan to increase pollution from oil and gas, which is already 38 times more damaging.

There is simply no future for this industry and workers deserve a plan to deal with the aftermath. **K**

Peter McCartney is the climate campaigner at the Wilderness Committee. Find out more about his work to take on Canada's fossil fuel industry at wildernesscommittee.org and contact him at peter@wildernesscommittee.org, 604-683-8220, or mail to 46 6th Ave E., Vancouver, BC., V5T 1J4.

common ground

We offer frequency bonuses
three sizes of listings
and a wide range of categories

To book your listing email
editor@commonground.ca

resource directory

the best place to be



- Art & Music • Business Services
- Education & Certification • Health & Healing • Intuitive Arts
- Nutrition • Psychology, Therapy & Counselling • Restaurants

ART & MUSIC



**YES YOU CAN
SING!**
Lynn McGown
singing teacher /
vocal coaching

Do you love to sing in the shower only to clam up if you think other people are listening? Discover your own voice and full potential of your talent with Lynn McGown. We all have our own unique voice. Through breathing and body awareness techniques, vocal warm-ups and lots of singing, you are guided

to discover a powerful and authentic sound to build your confidence, energy level, well-being and health. All lessons are individually tailored: from shy beginners to professional performance coaching. Register for vocal workshops (last Sunday of each month) and/or one-on-one vocal singing coaching.

LYNN MCGOWN
Call to set up lesson
tel. 604-222-4113
www.lynnmcgown.com
www.celtictraditions.ca

BUSINESS SERVICES



Locally owned and operated since 1992
Government Licensed mechanics
Centrally located near the VCC Skytrain Stn
20% of our oil changes go to charity
Free brake inspection
Free clutch adjustment
Free baby seat anchor and install

• *Keeping your old car a few more years could save you thousands of dollars*

Hours: Monday - Saturday
8 AM - 5 PM
2055 Clark Drive
Vancouver, BC

• *Check out our website for 43 free downloadable fuel saving tips.*

Book an appointment online.
www.axlealley.ca
604-875-9988 604-255-TIRE
axlealley@hotmail.com



mimi lauzon
Conscious Dating Coach
& Matchmaker
cell 778.871.3175

Looking for lasting love? Finding your special someone can be frustrating and time-consuming, but with the right understanding, outlook and support, the process can be fun, enlightening and quick! A full-spectrum approach. Backed by years of experience as a Professional Coach and Matchmaker. Call today for a free 30-minute consultation.



Gentle Choices for Eco-friendly Families: Cloth diapers, Baby Carriers, Baby Gifts, Cloth Diaper Trial Program, Gift Certificates, Workshops & much more. **Shop Online.** **NEW LOCATION:** Country Club Centre, 9-3200 North Island Highway, Nanaimo
Cristi Lundman: 250-585-5552
www.huckleberrybabyshop.com

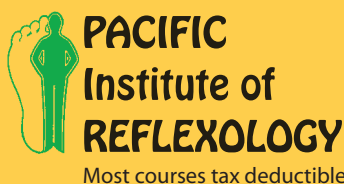
EDUCATION & CERTIFICATION



Learn massage therapy while enjoying the sun and sea of Hawaii. Our "State of the Heart" professional program provides you with the knowledge, skills and confidence to open your own bodywork practice. Our 650-hour certification program is one of the most affordable anywhere at only \$5,500US. Part-time (12 month) and Full-time (7 month)

programs begin every September and March. Curriculum includes Anatomy & Kinesiology, Swedish, Lomilomi, Hydro & Spa Treatments, Deep Tissue & NMT, Assessment & Treatments, Shiatsu, Sports & Therapeutic Exercise, Reflexology, Body/Mind Integration and a fully supervised public clinic. The school is located on the island of Maui, where the warm

ocean, gentle climate and lush tropical beauty encourage deep relaxation and exploration of the healing process. Student visas available for 7 and 12 month programs. For more information and a free catalog, write **Maui School of Therapeutic Massage**, PO Box 1891, Makawao, Hawaii 96768. Phone: 808-572-1888 or visit our website at www.massagemaui.com



Reflexology Training Courses
Reflexology is taught as an intuitive healing art for professional practice, or, for use with friends and family. Courses provide structure that allows you to develop your own intuitive sense in your reflexology practice. We have a holistic orientation.

Holistic Reflexology: An Introduction -

Informational evening talks: \$10. *See Datebook.*

Basic Foot, Hand or Ear Reflexology Certificate Weekend Courses - Twenty hours expert instruction, plus 40 hours practicum and 10 hours home study prepare you to practice reflexology competently. \$375.

Advanced Reflexology Certificate Courses - Expand your knowledge and develop your

effectiveness to a professional level. \$375. Courses offered year round. *See Datebook.*
Courses accredited RABC, and RAC.
Pacific Institute of Reflexology
535 West 10th Ave. @ Cambie, Vancouver
604-875-8818 / Toll free: 1-800-688-9748
www.pacificreflexology.com
Email: chrisshirley@pacificreflexology.com

EDUCATION & CERTIFICATION



Information
to change the world

Free online library with 20,000+ articles, books and films about justice, freedom, and democracy. Focus on creating alternatives and working together for a better world. Plus social justice calendar, directory of groups and websites.
www.connexions.org

Watch people like a hawk, and when they do something good, tell them.
– Jordan Peterson

HEALTH & HEALING



Reflexology: The Core of Natural Healing

Reflexology is practiced as a potent, safe way to free you from stress and tension, and relieve your pain and discomfort. Stimulation of your foot, hand or ear reflexes will deeply relax you to revitalize your whole body, and thereby facilitate natural healing. Let us tailor-make your session to address your unique

health concerns and preferences.

Our holistic approach can assist you to address the source of your disease or discomfort, and/or, simply indulge in blissful relaxation. Our sessions enable you to embrace your natural health and vitality. Reflexology safely complements all other therapies.

One-hour private sessions: \$65, or 5/\$275.

Student Clinic: Tuesday evenings. Rejuvenate yourself, you deserve it!!! **1hr sessions only \$25.** **Books, charts and self-help tools available.** Enquire about franchise opportunities.

Pacific Institute of Reflexology
535 West 10th Ave. @ Cambie, Vancouver
604-875-8818 www.pacificreflexology.com
Email: chriss Shirley@pacificreflexology.com



Wellspring Vision Improvement Program

Making a positive difference

Dr. Weidong Yu

www.TCMRP.com

Wellspring Vision Improvement Program (WVIP)

was developed in 1999 by Dr. Weidong Yu, a world renowned Doctor of Traditional Chinese Medicine. WVIP is a comprehensive Holistic health program based on Chinese herbal medicine, Acupuncture, Acupressure, Qigong, Food and Nutrition. WVIP may be

beneficial for patients with conditions such as:

- * Retinitis Pigmentosa
- * Macular degeneration
- * Glaucoma
- * Eye Bleeding
- * Red eyes, Dry eyes
- * Eye fatigue
- * Far sightedness
- * Blurry Vision

For appointment, please call 604-737-7876

Dr. Weidong Yu, Dr.TCM
Wellspring Clinic
916 West King Edward Ave. (south east corner of King Edward Mall at Oak & King Edward)
Vancouver, BC



THE HAPPY COLON

since 2000

Elena Lopez

I-ACT certified
colon hydrotherapist

Colon Hydrotherapy dates back to the Egyptians who used it in its most basic form, the enema. Modern equipment today uses purified water at preset pressure and temperature to cleanse the large intestine (colon).

By appointment only: **604-525-8400**

360 - 522 7th St., New Westminster, B.C.



Powerful Memory Healing

Overcome pain, migraines & health conditions

Can be done over the phone: 604-765-7571

TEYA FRANCE – Certified Hypnotherapist for over 10 years. Increase your confidence, have greater success & more loving relationships. Overcome car accidents, various body conditions, stress & anxiety. Change your circumstances by using hypno-therapy to tune into your other-than-conscious self. I also give workshops on karma & business karma.

INTUITIVE ARTS

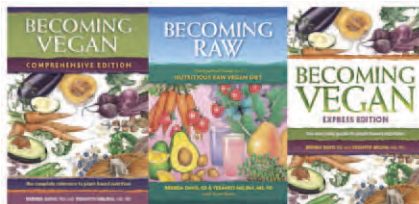
DR. ANNE MCMURTRY Channelled Readings, Reiki & Crystal Healing

ANNE'S ABILITY opens a line of communication between you and your spiritual guides allowing them to speak directly to you. Reiki and crystal healings and workshops are also available. **604-734-8219 VANCOUVER**

Can a constitution devised centuries ago to replace a monarchy, and based upon a citizens' militia, possibly hope to run an empire whose scope is beyond anything ever dreamed of by it's framers? Or must the existence of standing armies and the influx of inconceivable wealth inevitably destroy that democratic system?

– Cicero

NUTRITION



Lead author Academy of Nutrition and Dietetics current vegetarian position paper; and of award books on plant-based nutrition **Becoming Vegan: Comprehensive Edition** and **Becoming Vegan: Express Edition** both with Brenda Davis. Online & bookstores.
www.becomingvegan.ca



Consultation with dietitian/author Vesanto Melina. (\$295 for 2-1/2 hours) includes personalized nutritional analysis; recipes; menu planning. For busy people; pregnancy; children, seniors.
vesanto.melina@gmail.com
778-379-5377 www.nutrispeak.com

PSYCHOLOGY, THERAPY & COUNSELLING



Therapy of the Whole Person

John Arnold Ph.D.

Therapist /
Counselor since 1975

604.261.2788

Only by Working With the Whole Person Can You Achieve Truly Permanent and Effective Change.

If problems and issues keep popping up in your life and you are STILL STUCK, it is

because you have not gotten to the root causes. Completion of any problem comes only when you have resolved your issues physically, emotionally, mentally and spiritually and the underlying reasons for repetitive patterns of behavior are uncovered and resolved.

If you are fed up and want to do something radical about your predicament, give me a call **604-261-2788** or visit my web page at www.johnarnoldphd-reichianandyogictherapist.com/



ARE YOU READY FOR A CHANGE?

Lorraine Milardo Bennington
M.Ed. (Counselling)
Reg. Psychologist #815

You can overcome your limiting beliefs and open up to your joy!
Success Coaching
Hypnotherapy - Weight Loss/Stop Smoking, Athletic performance, Blocks to Success/Fear of failure, Age regression, Anxiety, Phobias
Couples Counselling

Lorraine Milardo Bennington, success coach, psychologist and hypnotherapist, has been practising hypnosis for over 30 years and skillfully integrates intuition and hypnotherapy into her coaching and counselling practice. Lorraine gently guides people in the process of transformation, assisting

them to connect with their higher selves and to reclaim joy and personal power in their lives. Lorraine has returned to Vancouver after 10 years living, studying and working on Kauai and Maui.
778-331-8860 transformance@mac.com
www.creativetransformations.ca

Every gun that is made, every warship launched, every rocket fired signifies, in the final sense, a theft from those who hunger and are not fed, those who are cold and are not clothed.
- Dwight D. Eisenhower



Louise Evans
B.A., M.ED., C.H.T., R.C.C.
Hypnotherapy & Counselling

Two sessions for the price of one: past life regression and/or life between lives.
Clinical hypnosis – treatment that's affordable, fast and effective. Extended health coverage.
For issues addressed, see Sparkhypnotherapy.com
Phone 604.773.5595 or 604.522.0257

RESTAURANTS VEGETARIAN

Some people see things that are and ask, Why? Some people dream of things that never were and ask, Why not? Some people have to go to work and don't have time for all that.
- George Carlin



"Great Food, Anytime!"
Open 24 Hours

The Naam Vegetarian Restaurant
For years voted "Best Vegetarian" in the *Georgia Straight* and in *Vancouver Magazine's* "Readers' Choice". Open seven days a week, 24 hours, licensed, wood fireplace, heated patio, live music at dinner.
2724 West 4th Ave. **604-738-7151.**

RESTAURANTS

EAST IS EAST
EXPERIENCE THE EAST WITH YOUR TASTE BUDS
604-734-5881
Now at our new location to 3035 West Broadway (Formerly Calhoun's)

"East Is East is a place where you are encouraged to talk to your neighbours. This is definitely not the Ritz, but it certainly is Kits. From plumbers to publishers, hippies to generation whatever, this place has special appeal." - Owen Williams, *Common Ground*
Visit our other location
4433 Main Street @ 28th 604-879-2020



Savour an Indian culinary experience while enveloped in the mysterious ragas of classical Indian music. Winner of *West Ender's* Silver Medal for **Best Indian Restaurant 2004-2005**. Delicious selection of vegetarian and vegan specialties. Open 7 days a week for lunch & dinner. 2313 Main St., Vancouver **604.872.8779** www.nirvanarestaurant.ca

...Tracked from pg. 12 sent on Facebook.

14. They also store every time you log into Facebook, where you logged in from, what time and from what device.

15. And they store all the applications you've ever had connected to your Facebook account, so they can guess I'm interested in politics and web and graphic design, that I was single between X and Y period with the installation of Tinder and I got an HTC phone in November.

16. Side-note: If you have Windows 10 installed, the privacy options have 16 different sub-menus, which have all of the options enabled by default when you install Windows.

17. They track where you are, what applications you have installed, when you use them, what you use them for, access to your webcam and microphone at any time, your contacts, your e-mails, your calendar, your call history, the messages you send and receive.

18. The files you download, the games you play, your photos and videos, your music, your search history, your browsing history, even what radio stations you listen to.

19. This is one of the craziest things about the modern age; we would never let the government or a corporation put cameras/microphones in our homes or location trackers on us, but we just went ahead and did it ourselves

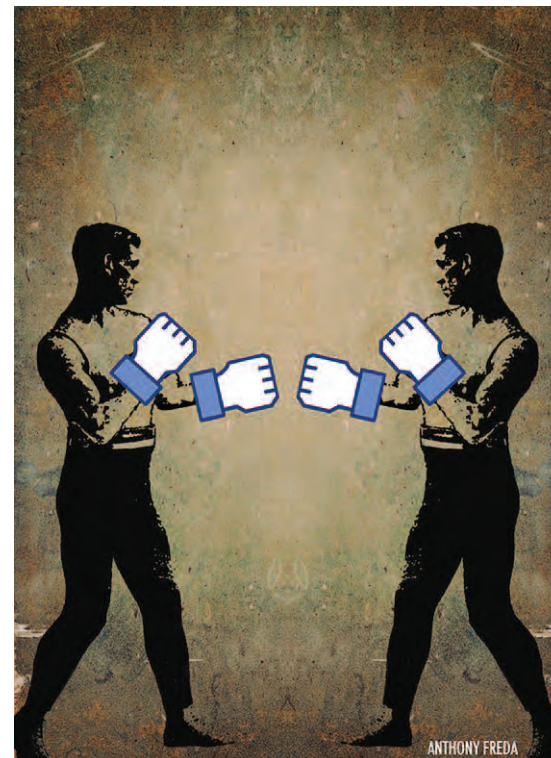
because "F*ck it, I want to watch cute dog videos."

20. The Google Takeout document has all my information, with breakdown of all the different ways they get your information.

21. Their search history document, which has 90,000 different entries, even shows the images I downloaded and the websites I accessed.

22. Google Calendar shows all the events I've ever added, whether I actually attended them and what time I attended them.

23. Google Drive includes files I *explicitly* deleted, including my resume, my monthly budget and all the code, files, and websites I've ever made and even my PGP private key, which I deleted, which I use to encrypt e-mails.



24. Google Fit, which shows all of the steps I've ever taken, any time I walked anywhere, and all the times I've recorded any meditation/yoga/workouts I've done (I deleted this information and revoked Google Fit's permissions).

25. All the photos ever taken with my phone, broken down by year and includes metadata of when and where the photos were taken.

26. Every e-mail I've ever sent, that's been sent to me, including the ones I deleted or were cat-

continued pg 21 ...

Money, power, control and democracy

How money controls democracy and blocks electoral reform

by Jeff and Diana Jewell

In Canada, we're told we have democracy. But do we?

Lincoln defined democracy as "government of the people, by the people, for the people." Ours works more like 'government of the people, by the political power-brokers, for their wealthy patrons and themselves.'

Here's how the real world runs: money + power = control.

So how does this reality trump democracy? After all, we do have 'free' elections, don't we? No! Our elections aren't 'free,' they're very costly. Money controls who runs and especially who wins. Money controls the winners and what they do with their temporary grip on political power.

Does money control politics through simple corruption? Rarely. It's mostly money sponsoring those who've pledged allegiance to money and they always need more money for their next election.

How does money control politicians? Lobbyists are the 'guns for hire' who work on behalf of money, often via backroom deals in the leader's office.

Canada still suffers under its British colonial electoral system called FPTP (first-past-the-post). Citizens have a single vote for a local representative. Because any vote for a losing candidate is 'wasted,' FPTP coerces many voters (about one-third) into voting for a 'lesser of evils,' trying to block a party they really don't want.

The people do not elect 'their' government. The government is elected by the Assembly of Representatives, based on the number of seats won by each party, always disproportional to their vote-share. Under FPTP, the government is always a distortion of the 'will of the people.' FPTP also produces other distortions and gives the winning party an unfair advantage matched by an unfair disadvantage to losing parties.

The two most undemocratic consequences of FPTP are: (1) the 'two-party' system (any number of parties can run, but only two have any chance of winning, the others doomed to the role of 'spoilers'); (2) FPTP distortions routinely produce 'false-majority' governments, more than half the seats and total control with much less than half the votes.

Supreme power still resides in the monarch, but the monarch delegates control to a prime minister or premier. That leader appoints a 'cabinet,' a committee of representatives chosen to sit as an executive body, each controlling a department of government. So the leader controls the cabinet and decisions of cabinet become the decisions of government, which are presented for



How does money control politicians? Lobbyists are the 'guns for hire' who work on behalf of money, often via backroom deals in the leader's office.

the Legislature's approval, effectively a 'rubber stamp' under majority government.

This is the true system of power and control that operates under the guise of democratic process.

Since FPTP always cheats a large majority of voters, candidates and parties, a call for electoral reform periodically arises, usually when a party that was victimized by FPTP wins. But as winners, they've become beneficiaries of FPTP distortions, so a promise of electoral

reform becomes an inconvenient conflict of interest. Their usual recourse is a fake (made-to-fail) study and/or referendum process.

The political power-brokers know that most people have no interest in electoral systems and can easily be duped by a negative campaign, run by political pros/lobbyists to exploit public apathy and raise anxiety about changes.

It's never asked: "Who benefits from preserving the status quo?" The political power-brokers under FPTP's two-party system are obvious beneficiaries, as FPTP enables their shared stranglehold on power. But those players are only short-term employees of a permanent enterprise: the 'money-power-control' conglomerate, owned and operated by the establishment.

Who are 'the establishment?' Formerly called 'the oligarchy,' it began with kings and the aristocracy, later adding the landed gentry and the moneyed class. In our day, it's dominated by leaders of the banking/financial institutions and great corporations. They, not the politicians, control the nations and their economies. They hire the lobbyists who do their backroom deals.

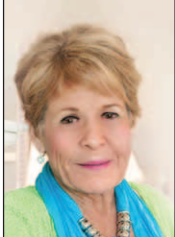
Their perpetual control is facilitated by FPTP with its false-majority governments, but would be impeded by PR under its minority governments.

As to a referendum on proportional representation (PR), the public is oblivious to these realities. But the money-power-control gang(sters) are vitally concerned and determined to protect their interests. So what are the chances that a referendum on PR would somehow be sabotaged?

What are the chances that a YES campaign might be infiltrated by a Trojan horse using an ancient strategy of duplicity? Without dirty tricks, the YES campaign might inconveniently serve up an alternative that the NO campaign could not defeat!

Considering what's at stake for the money-power-control cabal, can you really expect a PR referendum campaign to be an honest exercise in democracy – or covertly manipulated in the interests of money and power to preserve their control? ❌

Jeff and Diana Jewell are long-time activists, with a special commitment to electoral reform. Jeff is a retired computer systems manager who worked for the City of Burnaby and a former Councillor in the District of Mission. Please send any questions or comments to: info@ElectoralJusticeNow.ca www.ElectoralJusticeNow.ca



Truth and lies

I'll never tell a lie. I'll never make a misleading statement. I'll never betray the confidence that any of you had in me. — Jimmy Carter, former president of the US.

Why is it so hard to be truthful? Wouldn't it be wonderful if every marriage or commitment ceremony included those same promises that Jimmy Carter made?

Yes, there is a difference between a tactful sparing of feelings, for example, by not commenting on how much weight your friend has gained and a lie that is meant to deceive or mislead. People lie because they have something to hide, they feel guilty or they want to avoid confrontation. In other words, they do not want to own up to or deal with something they have said or done.

In my work as a psychotherapist, it seems the most damage done to relationships is by lying. Children hurt when a parent consistently does not follow through on a commitment. They are more hurt by the fact that a parent promised to show up and didn't than by the fact they missed an outing. If you cannot trust a parent, who can you trust?

Lying to someone you love impacts trust and can shake the foundation of a relationship. Many relationships don't survive a lie, especially one that involves sex outside the relationship

It is also deeply painful to find out you have been deceived.

Even in poker, eventually the bluff is revealed when all the cards are on the table. Those who lie to others bank on the hope the true cards will never be shown. Good luck with that.

We know how a lie affects the one lied to, but what about the liar? If you can lie to another, what does that say about you and how you value others?


To lie splits you into two people: the one others think you are and who you really are. This can only be comfortable for someone who sees life as a game and who is in it for himself, or for the one who loves and wants to keep their partner, but still wants more from outside the relationship.

Lying to someone you love impacts trust and can shake the foundation of a relationship. Many relationships don't survive a lie, especially one that involves sex outside the relationship.

One of the worst things about lying is that it takes the choice away from the deceived person, which often leaves them feeling humiliated. They have been going along under one assumption about what is happening in the relationship only to suddenly realize they've been wrong. In addition to simply feeling hurt, they often feel naive or downright stupid.

Lies about fidelity and money are the two most common lies that affect couples. It is almost impossible for the one lied to to ever feel real trust again in the relationship. If lying is a consistent pattern, it would be hard to ever establish trust again. The partner can never relax in the relationship, but instead just waits for 'the other shoe to drop.'

Can relationships survive lies? Only if the person lying has the strength and commitment to put an end to all of their lies. First, however, it is important for both people to understand why the lies happened. Couples' therapy is the best way to go on this, as the process can be very difficult and may increase the pain.

Ultimately, the real healing comes when there is mutual understanding and empathy about why the lie happened. 

Gwen Randall-Young is an author and psychotherapist in private practice. To read more articles or to order her books, visit www.gwen.ca or check out her Facebook inspirational page.



...Tracked from pg. 19
egorized as spam.

27. And now my Google Activity; this has thousands of files so I'll just do a short summary of what they have.


28. Firstly every Google Ad I've ever viewed or clicked on, every app I've ever launched or used and when I did it, every website I've ever visited and what time I did it at and every app I've ever installed or searched for.

29. Every image I've ever searched for and saved, every location I've ever searched for or clicked on, every news article I've ever searched for or read, and *every single* Google search I've made since 2009.

30. And then finally, every YouTube video I've ever searched for or viewed, since 2008.

31. I'm probably on an FBI watch-list now, so if I die in the next few months, it wasn't an accident, it was a set-up.

32. This information has millions of nefarious uses and violates multiple human rights. You're not a terrorist? Then how come you were googling ISIS? Work at Google and you're suspicious of your wife? Perfect, just look up her location and search history for the last 10 years.

33. Manage to gain access to someone's Google account? Perfect, you have a chronological diary of everything that person has done for the last 10 years. 



PERSONAL RETREATS & GROUP RENTALS
Available throughout the year

32-acre ocean-front property
Beautiful, serene setting

For more information contact Ralph Tiller, Program Manager
programs@swanwickcentre.ca

APR 6-7

Opening to Compassion: An Introduction to the Diamond Approach®, Friday 7-9PM. Saturday 10AM-5PM. Vancouver. \$100. Register/information: nkee@telus.net, www.diamondapproach.org



iamwellspring.com

**Ask Yourself ~ Who am I?
 What does my life serve?
 What do I love? What do I want?
 Where do I direct my energy,
 attention & resources?
 Is my life a reflection
 of my deepest Truth?**

Being present for your life

I invite you to a session of True friendship.
 True friendship is simple & profound.
 True friendship opens doors.
 True friendship welcomes all of life, meeting whatever, whoever appears.

Wellspring

Gila Novack

Leela School True Friend
 Clinical Hypnotherapist A.C.H.E. Cert.
 M. Ed. Counselling Psych
1-250-505-6782

APR 8

"Liberate Your Lineage: Healing the Generations Ahead & Behind" – A psychotherapeutic & shamanic approach to family freedom. With Val Adamson and Sonya Weir. 10-4PM, Vancouver, \$80. For Info: liberateyourlineage@gmail.com

APR 13-15

Basic Holistic Foot Reflexology Certificate
 Weekend Course. 70-hour certificate course. \$375+ GST. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

APR 18-19

Amma Sri Karunamayi: Blessings & Teachings. Info at banyen.com, 604-737-8858.

APR 20

Beyond Animal Testing: New Approaches in Medical Research. 6-8PM, VanDusen Botanical Gardens, 5151 Oak St., Betty Gunn Woodland Room B. \$20 includes day admission to VanDusen & vegan reception. Tickets: <https://www.eventbrite.ca/createinvite?eid=43739709649>

APR 21

Vancouver Earth Day Parade & Festival: 12:30 PM gather at Commercial Drive & Grandview Highway. Parade starts 1PM. Festivities continue at Grandview Park (Commercial Drive & Charles St.) Musicians & public speakers. More info at <http://earthdayparade.ca/more-info>

APR 25

Adventure into Time and Beyond with Rifa Hodgson presents "Soul Connection" Regression Workshop – 'Access Your Akashic Record.' 6:30-9:30PM, West Vancouver, www.lifebetweenlives.ca/Events 604-741-7944.

APR 27-29

Advanced Reflexology Clinical Skills Certificate
 Weekend Course: 50-hour certificate course.

Prerequisite: Basic Foot Reflexology Course. \$375 + GST. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

APR 28-29

Become a Certified Life Coach or Executive Coach: Century Plaza Hotel & Spa, Vancouver. This 2-day intensive will teach you everything you need to know to succeed. Register at 866-455-2155 or 403-389-1190 or www.certifiedcoachesfederation.com

MAY 2

Clearmind presents "Evolution Revolution: FREE Counsellor Training Info Night. Unity of Vancouver, 5840 Oak St. @ 41st. Draw for \$1000 Clearmind Currency. (Bring display ad on this page for free entry.) clearmind.com

MAY 5

Pico Ayer: The Art of Stillness. 1-4PM. Tickets & info at banyen.com, 604-737-8858.

MAY 12

Free Open House – Institute of Holistic Nutrition (Vancouver): Course/Career opportunities, exhibits, talks & more. 9AM-5PM, 604 West Broadway, Ste. 300. 604-558-4000. Lecture descriptions at www.instituteofholisticnutrition.com

MAY 19

How to Survive Spiritually in our Times: Free Spiritual Exploration Workshop & Discussion. Presented by Eckankar. Winspear Centre, 2243 Beacon Avenue, Sidney, BC. Registration: 12:30PM, Workshop 1-3PM. 1-800-708-9060, www.eckankar-bc.ca

MAY 23

Adventure into Time and Beyond with Rifa Hodgson presents "Soul connection" Regression Workshop – 'Reunite with your Soulmates',

6:30-9:30PM, West Vancouver, www.lifebetweenlives.ca/Events 604-741-7944.

JUN 10

VANCOUVER: Dreamhealer Integrative Healing Workshop With Dr. Adam McLeod. Two unique group healing sessions. Learn how to integrate powerful healing tools into your life. Seating limited. IN TORONTO: June 3. (No workshops in 2019) Register online at www.dreamhealer.com

ONGOING

Two Past Life Regressions for the price of one. Treatment that's affordable, fast and effective. Clinical hypnosis. Extended health coverage. With Louise Evans, sparkhypnotherapy.com 604-773-5595 or 604-522-0257.

Experience a Shamanic Power Initiation at a FREE Open House in Vancouver: MAY 23, 7:30PM. FREE ONLINE Open Houses: APR 30 & MAY 22, 7:30PM. Hosted by Institute of Shamanic Medicine. RSVP by email to info@shamanicmedicine.ca www.shamanicmedicine.ca

TUESDAYS

Reflexology Student Clinic: Enjoy a 1-hour appointment with a well trained student for only \$25. Tuesday evenings only. Contact: (604) 875-8818 or chrissirley@pacificreflexology.com

THURSDAYS

Women's Sufi Circle: A Contemporary Study of Ancient Wisdom. A time to connect with your heart, revive your spiritual being, discover hope and understand the purpose of your life. Thursdays 7-8:30PM. False Creek, Vancouver. RSVP nadia@pureintentions.net

1-Year Shamanic Training

Shamanic Power Initiations

Free Information Evening & Power Animal Journey
Everyone Welcome! RSVP to info@shamanicmedicine.ca

May 23 Vancouver
April 26, May 28 Calgary
May 7, May 31 Edmonton
Online April 30, May 22

www.shamanicmedicine.ca

COME CHECK OUT OUR NEW GRAND BUFFET

AT OUR NEW LOCATION with FREE PARKING

New
india

BUFFET BAR & RESTAURANT
901 West Broadway
604-874-5800
www.newindiabuffet.com

DREAM DESIGNS

Organic natural healthy sleep

Designed & made in Vancouver, BC since 1981

Linens | Mattresses | Beddings | Bath | Yoga | Baby

Thoughtfully designed and meticulously crafted from premium organic natural materials. Healthy, comfortable, ecological, and long lasting.

Manufacturing • Wholesale • Retail
 2749 Main St. 604.254.5012 dreamdesigns.ca

BUSINESS OPPORTUNITIES

PACIFIC INSTITUTE OF REFLEXOLOGY is looking for a new owner. Full training provided, re-location possible. Chris (604) 875-8818, or chrisshirley@pacificreflexology.com

HEALING

WISEWAYS SPIRIT SERVICE
 OFFERING PRIVATE SPIRITUAL HEALING
 Sessions with Spirit – for women – Bodywork, Healings, Readings. Since 1990.
 Miscoawagoosh: 604-716-2001.

KITSILANO COMMUNITY ACUPUNCTURE

SLIDING SCALE \$20-\$40. You pay what you can afford. 2948 W. Broadway, Vancouver.
www.kitscommunityacupuncture.ca
 604-428-1260,

MULTIMEDIA DESIGN & PRODUCTION

FULL SERVICES: graphic design, websites, motion graphics, video production, script development. Specializing in education, sustainability, music.
www.perubluesky.ca

RETREATS

SWANWICK CENTRE, Victoria – An oasis for contemplation, healing and awakening: personal retreats and group rentals. For more information, contact Ralph Tiller, Program Manager:
programs@swanwickcentre.ca

ROOMS FOR RENT

SUITE OF TWO HEALING/CONSULTING ROOMS available part-time or full-time in well established

(30 years) natural healing centre in central location near City Hall/Canada Line Stn. Very reasonable rates.
 Visit www.pacificreflexology.com or call 604-875-8818.


BEAUTIFUL SEMINAR/MEETING ROOM in natural healing centre near Broadway/Cambie intersection for rent evenings, weekends and weekdays. Very reasonable rent. Pacific Institute of Reflexology. www.pacificreflexology.com (604) 875-8818.

SHAMANIC HEALING

SHAMANIC HEALING AND COACHING:
 Relationships, work, emotional balance, finding meaning and purpose, rediscovering joy. One-on-one/groups – Drum journeys, Book of Life readings, chakra balancing, karma releasing. See testimonials on website.
sonyaweir@uniserve.com 778-227-2939.
www.eaglefireshamaniccoaching.com


WELLSPRING BOWEN THERAPY

BACK/HIP/NECK PAIN, MIGRAINES, fibromyalgia, sleep issues & more; Bowen can help. First session \$37 (Reg. \$80). First 3 sessions \$135. Limited time offer. www.wellspringbowen.com, 604-727-0262.




BANYEN

books & sound



AMMA SRI KARUNAMAYI
BLESSINGS & TEACHINGS
 WED & THURS, APRIL 18-19
 info at www.banyen.com



PICO IYER
THE ART OF STILLNESS
 SAT, MAY 5 | 1:00-4:00PM
 tickets & info at banyen.com
banyen.com 604-737-8858

NON-TOXIC DRYCLEANING



Water-based cleaning
 No perchloroethylene

4050 Cambie St @ 25th
www.helpinghandcleaners.com

for cleaning pickup call:
604-876-5399

steps away from
 King Edward Skytrain Stn!

CLIP THIS AD AND ATTEND FOR FREE!



Evolution Revolution

Counsellor Training Info Night

Draw for \$1000 Clearmind Currency

Clearmind.com
 Make all Moments Count

Wednesday May 2nd, 7:00 pm, FREE EVENT
 Unity of Vancouver, 5840 Oak St @ 41st

EAST IS EAST

3035 WEST BROADWAY
 IN KITSILANO



LIVE MUSIC

WWW.EASTISEAST.CA

Your Soul's Connections

Series of 2 workshops with Rifa Hodgson

Access your Akashic Record
April 25


Reunite with your Soulmates
May 23

Wednesdays 6:30 - 9:30 pm
 Silk Purse, 1570 Argyle Ave
 West Vancouver

604-741-7944
www.lifebetweenlives.ca/Events



NEW Cremation, Burial and Celebration of Life Provider



CELEBRATIONS OF LIFE
 CREMATION.
 GRAVESIDES. FUNERALS
 PRE-PLANNING.
 PRE-FUNDING
 ECO-FRIENDLY
 CASKETS & URNS
 CERTIFIED CELEBRANT
 SERVICES

While respecting our environment, we offer a variety of options and services to companion you and your family through this journey.

2960 W. 4th Avenue, Vancouver, BC V6K1R4
www.blissbc.com | 604.738.4200 | info@blissbc.com

common ground still needs you



**We are grateful for the first wave of support from you.
Thank you for your help and inspiring words:**

Thank you! For so many years of truthful reporting!
Wishing you another 35 years of honest and inspiring
reporting! With love and gratitude.

Robbie A., Victoria, BC

Thank you for all your work and the huge contribution you
are making as we shift to a better world!

Anthea T., Vancouver, BC

Wishing we could do more. Please DO NOT give up.

Faithful reader since 1985, New Westminster, BC

Your magazine and its attention to social issues is greatly
appreciated by me.

Faye L., Vancouver, BC

Thank you so very much for all you do for us. My feet
were planted on the path of truth partly because of your
publication. Forever grateful – Thank you!

Cedona H., Sooke, BC

Wish I could do more! Thank you for all you do.

Dita V. N., Sechelt, BC

I hope that your request for support gets a well deserved response.
Sherry L., Vancouver, BC

Now more than ever independent media needs your support

Common Ground has served health, peace and justice since 1982. In 35 years, we have distributed millions of free copies. Now, we are asking you to help the magazine you love so we can continue to educate, empower and inspire more people. We face massive issues from climate change, pipelines, toxic fish farms, LNG, environmental destruction, GMOs, homelessness, corruption, cronyism, an undemocratic, colonial FTTP electoral system, lack of reconciliation, monopolies, corporate bullying, inequality, human rights

abuse, post-truth media, threats of war, big pharma... and that's just a starter list. We won't run out of material anytime soon. Common Ground has informed people for over three decades. And we need to do more to push back against the problems and develop solutions. But we need your help to accomplish the tasks before us. Your financial support will enable Common Ground to educate and inspire to make our city, province, country and world a safer, more intelligent place to live. Every dollar counts.

Please send your donation by mail to Common Ground, 3152 West 8th Ave, Vancouver, BC, V6K 2C3. Make cheques payable to Common Ground. Or send an E-transfer to Common Ground via: joseph@commonground.ca
Thank you for reading Common Ground and appreciating our purpose. We look forward to hearing from you.

Joseph Roberts
Common Ground
Publisher & founder (est.1982)